

Fig. 1A

Fig. 1A is a schematic diagram of a device 100. The device includes a probe assembly (5, 4, 6, 3, 1, 2a, 2b) and a target assembly (11a, 12, 13, 14). The probe assembly is shown in cross-section, with a central shaft (5) and a conical tip (4). The shaft is surrounded by a sleeve (6) and a flange (3). The flange is connected to a base (1) which has two protruding pins (2a, 2b). The target assembly includes a rectangular block (12) with a hatched section (13) and a vertical plate (14). Two small rectangular components (11a, 11b) are positioned above and below the block. Arrows indicate the flow of material or energy from the probe assembly to the target assembly. The entire device is labeled 100.

FIG. 1 is a perspective view of a probe assembly 100. The assembly includes a probe tip 6, a handle 12, and a base 9. The base 9 is connected to a cable 100.

Abstract The purpose of this study was to determine the effect of a 10-week training program on the physical fitness of 10-year-old children. The study was conducted in a primary school in Ankara, Turkey. The study group consisted of 20 children (10 boys and 10 girls) who were randomly selected from the school. The children were divided into two groups: a control group and an experimental group. The control group did not participate in any physical education program, while the experimental group participated in a 10-week training program. The physical fitness of the children was measured at the beginning and at the end of the 10-week period. The measurements included maximum heart rate, maximum oxygen consumption, and maximum power. The results of the study showed that the experimental group had significantly higher values for all three measurements at the end of the 10-week period compared to the control group. This suggests that the 10-week training program had a positive effect on the physical fitness of the children. The study also found that the children in the experimental group had a higher level of motivation and enjoyment during the training program. This suggests that the program was well-received by the children and that it may be a good way to promote physical activity in young children.

Fig.2A

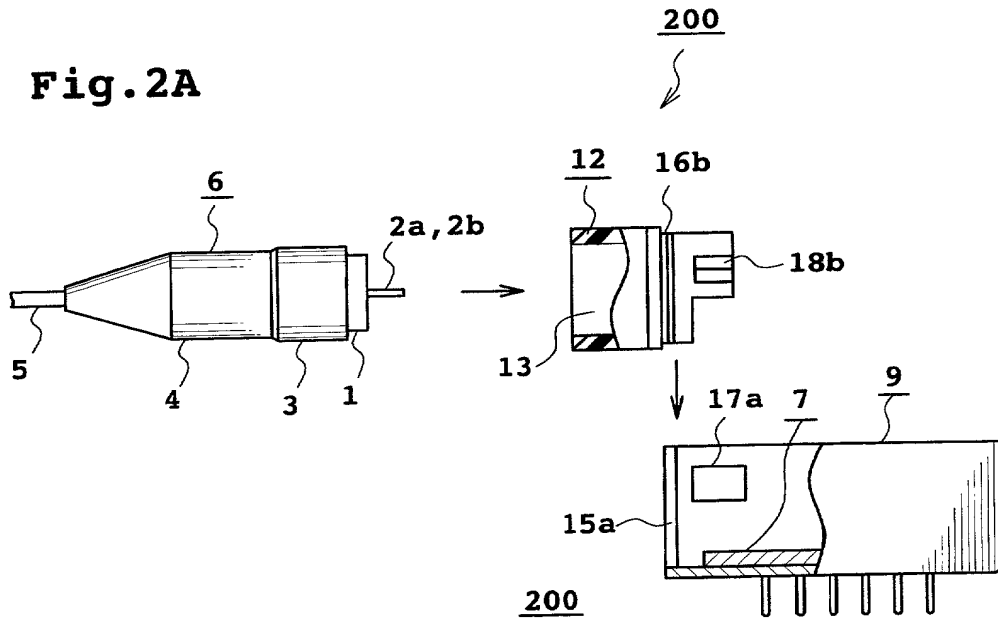


Fig.2B

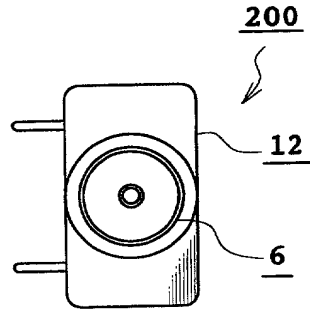


Fig.2C

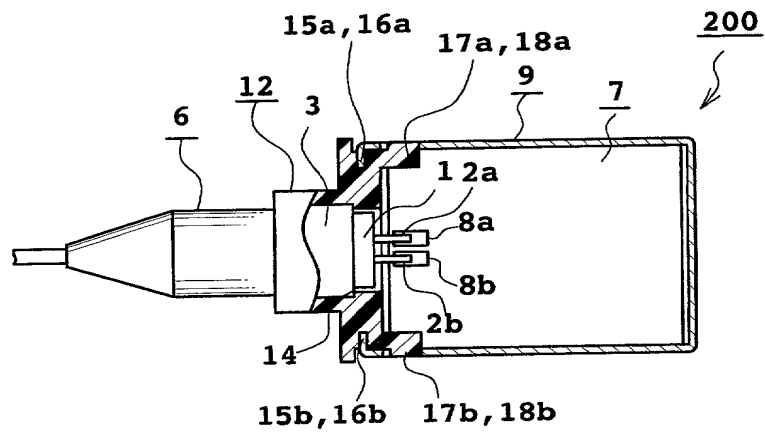


Fig.2D

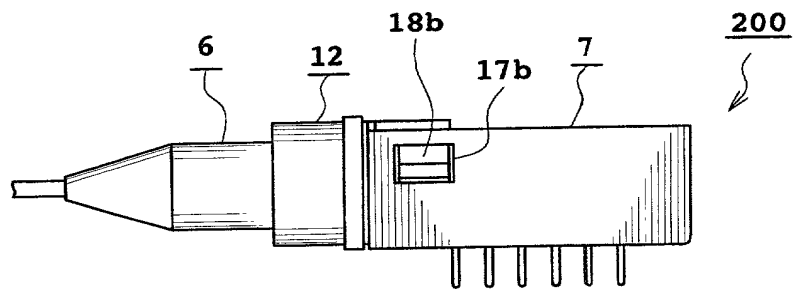


Fig.4A

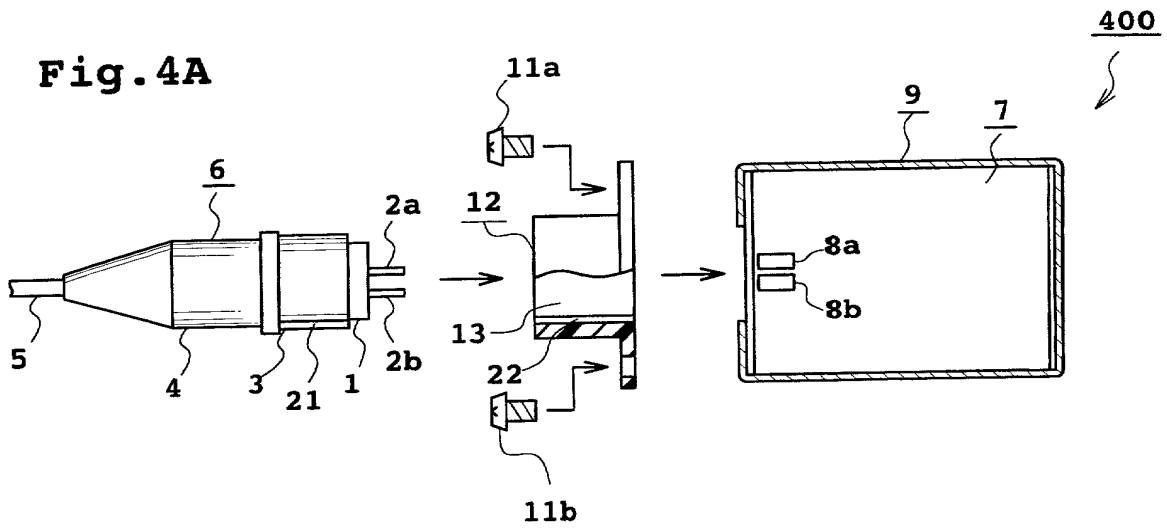


Fig.4B

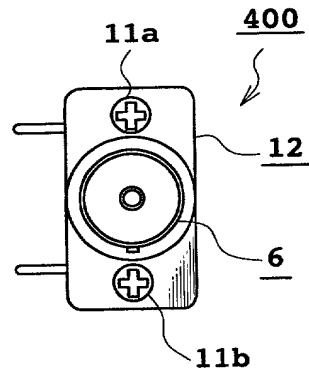


Fig.4C

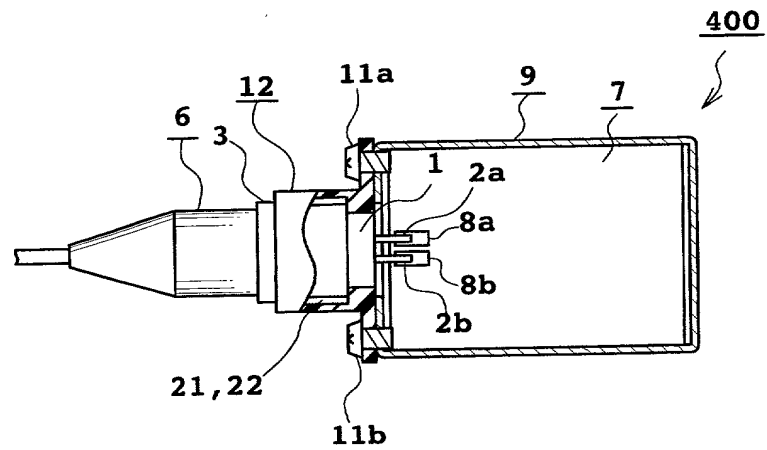


Fig.4D

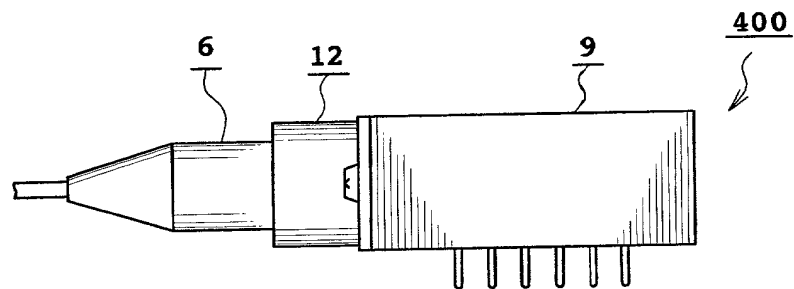


Fig.5A

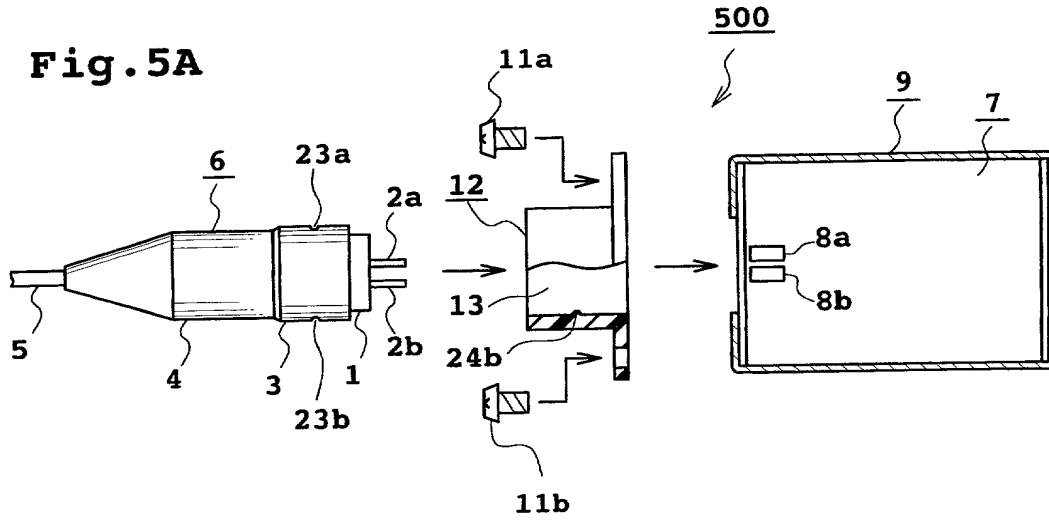


Fig.5B

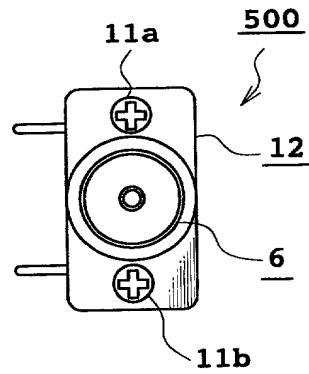


Fig.5C

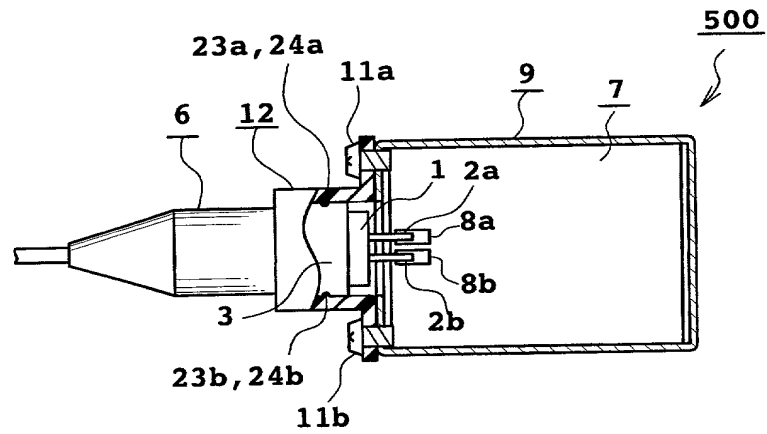


Fig.5D

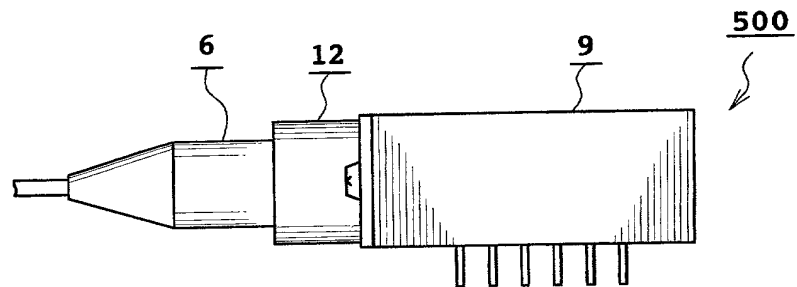


Fig.6A

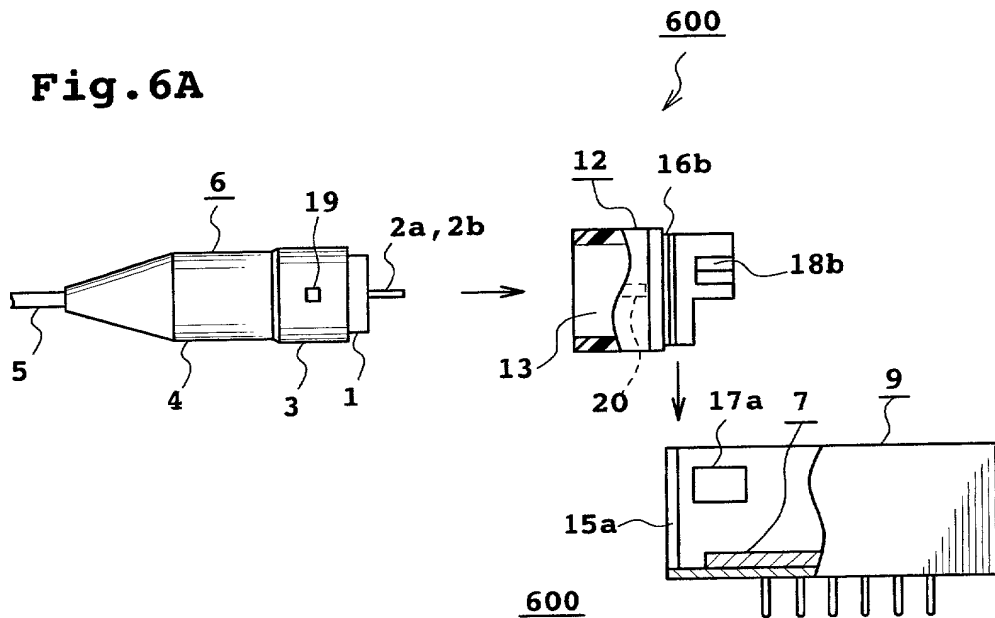


Fig.6B

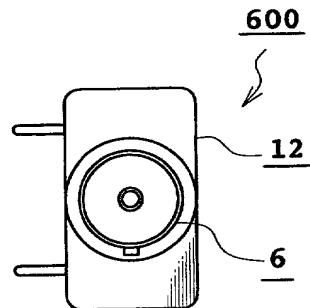


Fig.6C

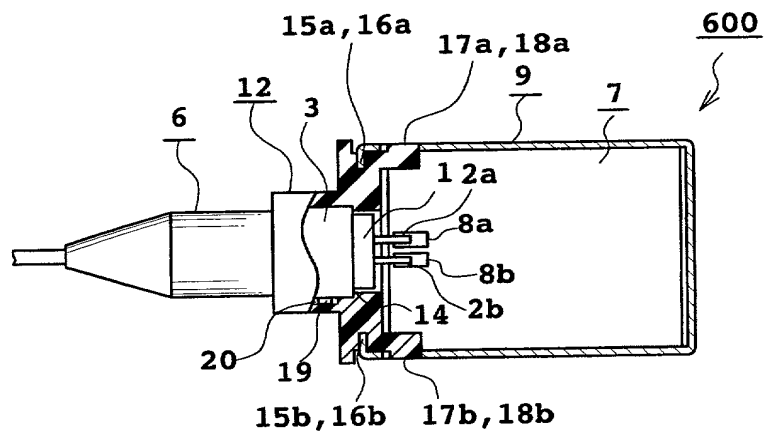


Fig.6D

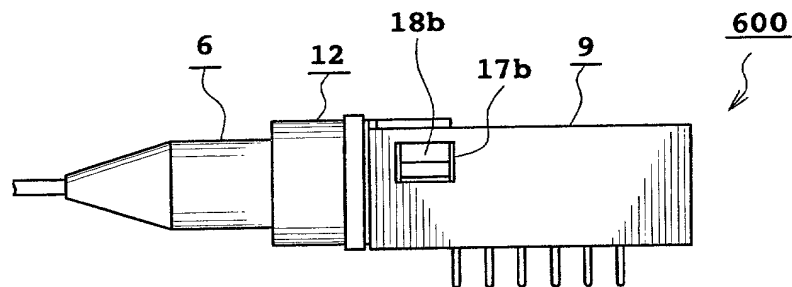


Fig.7A

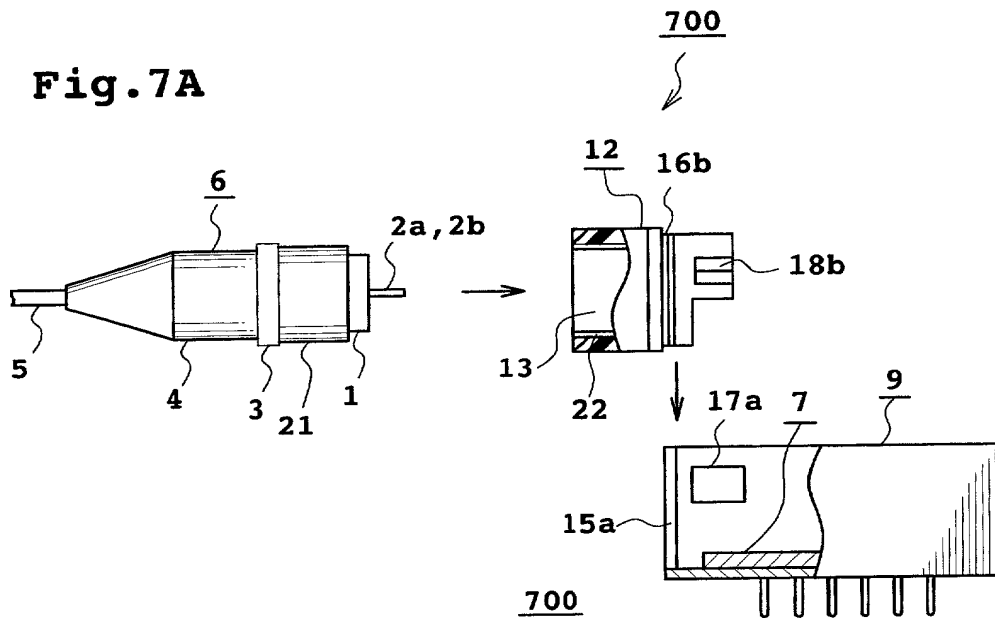


Fig.7B

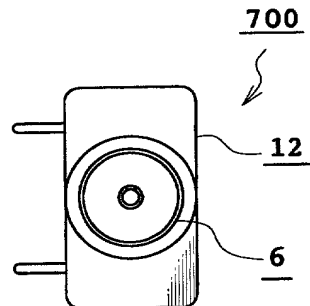


Fig.7C

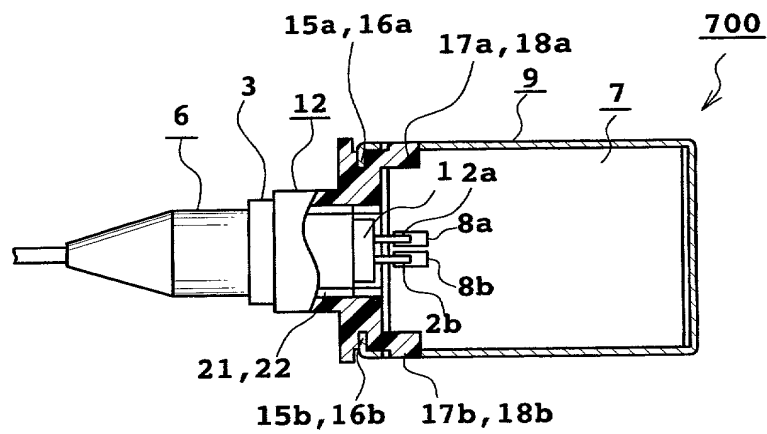


Fig.7D

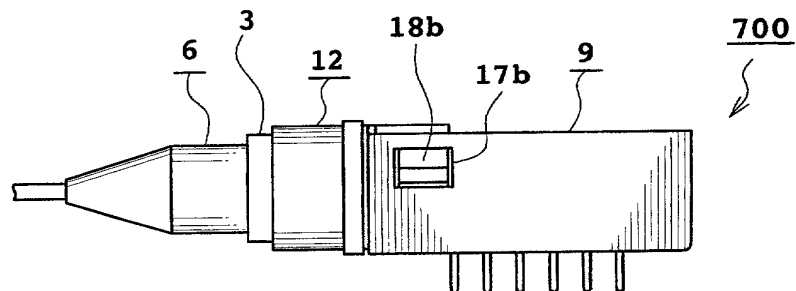


Fig.8A

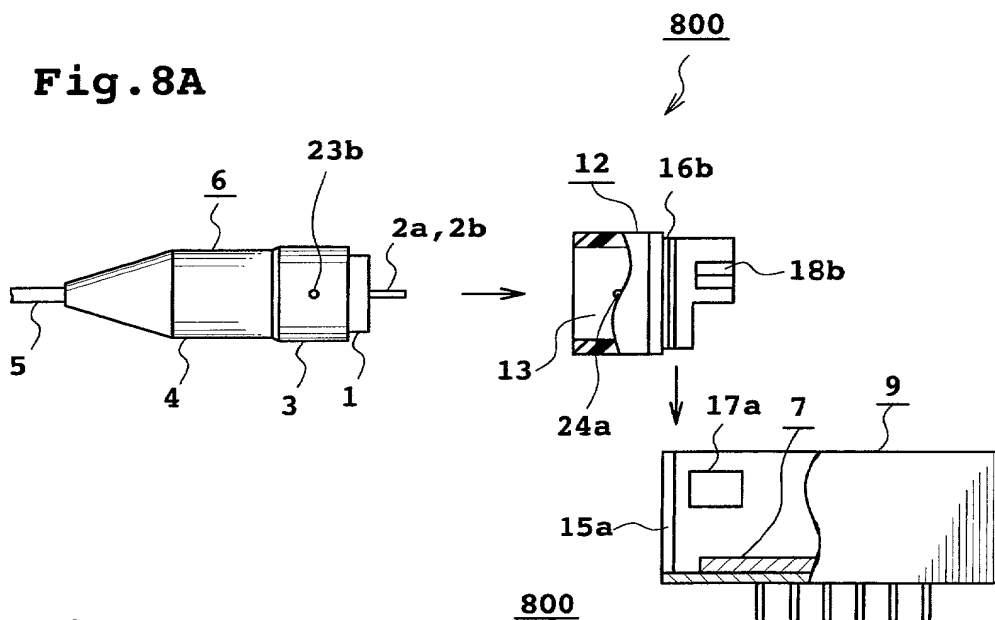


Fig.8B

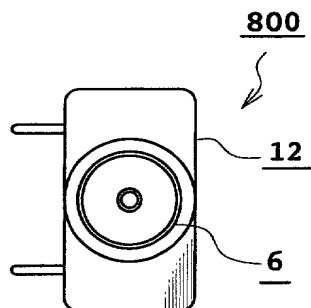


Fig.8C

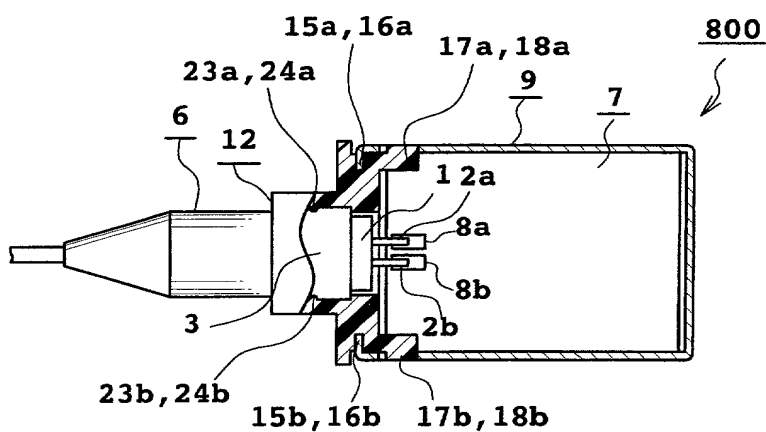


Fig.8D

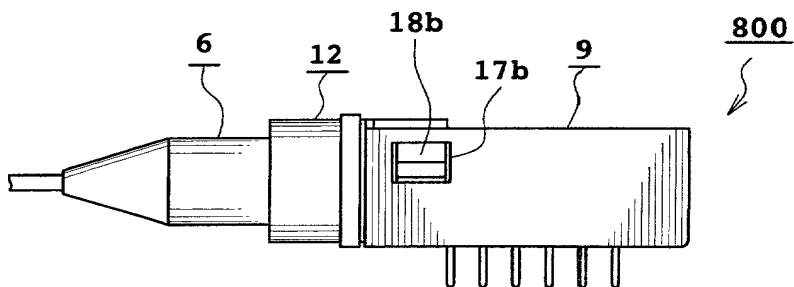


Fig.9A

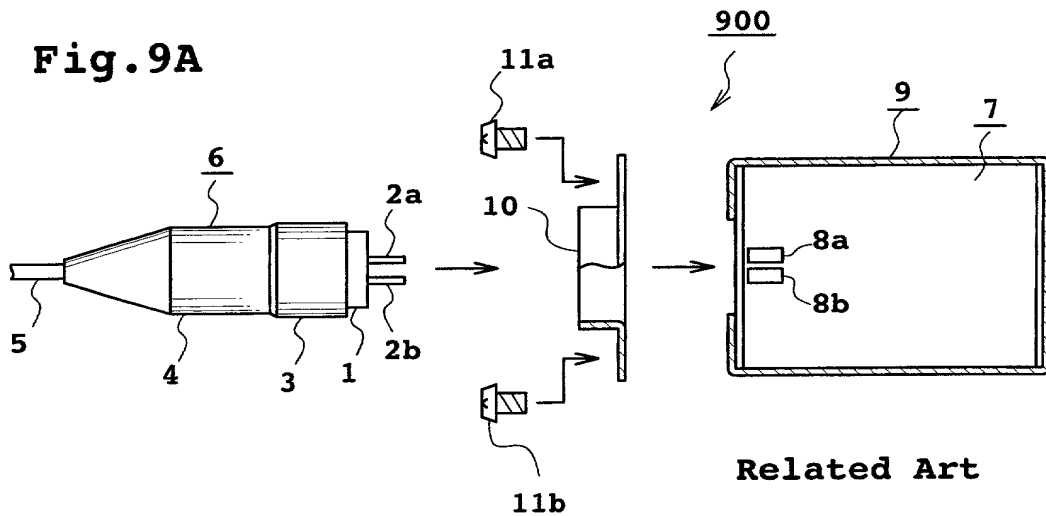


Fig.9B

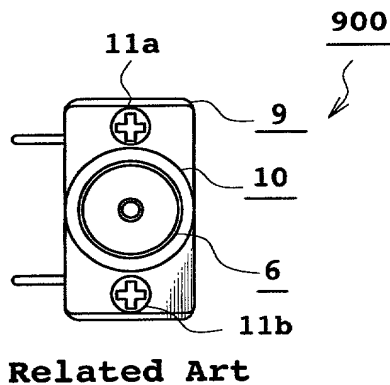


Fig.9C

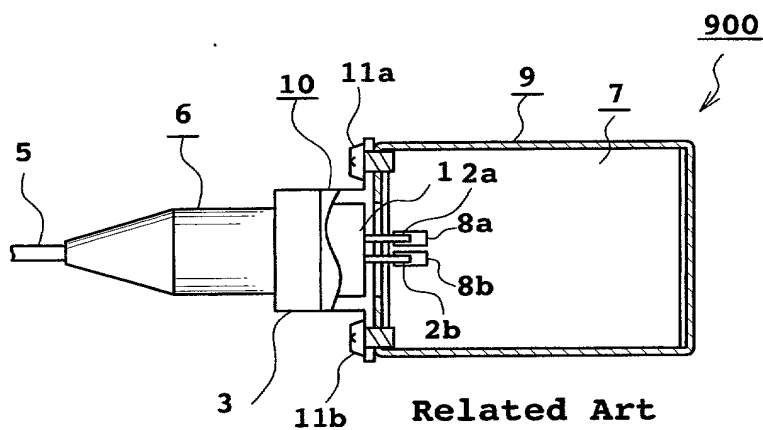


Fig.9D

